

Virginia Grown Strawberries

Strawberries are low in fat and calories, are naturally high in fiber, vitamin C, folate, potassium and antioxidants, making them a sweet alternative that advances heart health and reduces the risk of certain types of cancer. Strawberries have also been shown to enhance memory function and aid in the management of rheumatoid arthritis.

Spinach Salad with Strawberries

2 bunches fresh spinach leaves, washed, dried, and chilled

Honey Dressing (see recipe below)

1 cup thickly sliced fresh strawberries

1 tablespoon sesame seeds, toasted

1 small red onion, thinly sliced (optional)

Remove stems and veins from spinach and tear into bite-sized pieces; place into a large salad bowl. Pour Honey Dressing over spinach; toss gently. Add strawberries, sesame seeds, and onion; toss again and serve. Makes 6 to 8 servings.

HONEY DRESSING

2 tablespoons balsamic vinegar

2 tablespoons rice vinegar

1 tablespoon plus 1 teaspoon honey

2 teaspoons Dijon mustard

Salt and pepper to taste

In a small jar with a lid, combine balsamic vinegar, rice vinegar, honey, Dijon mustard, salt, and pepper; cover securely and shake vigorously. Store, covered, in the refrigerator. Serve at room temperature.

Strawberry Fruit Bars

3/4 cup sliced strawberries

1 egg

1/2 cup strawberry juice

1/4 teaspoon vanilla extract

1 tablespoon butter

1-1/2 cup all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 cup blueberries

Blend 1/2 cup of strawberries with juice in a blender until smooth. Beat together with egg, vanilla and butter. Add flour, baking powder, baking soda and beat well. Add blueberries and remaining strawberries. Bake in greased 8-inch baking pan at 350 degrees for 20 to 25 minutes or until browned and a toothpick inserted in center comes out clean. Cool and cut into squares.

Nutrition Facts

Serving Size 1 cup (140g)
Serving Per Container

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 1mg **0%**

Total Carbohydrate 11g **3%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 140%

Calcium 2% • Iron 3%

Folate 9% • Potassium 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric intake.

		Calories 2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Strawberry Know-How

Storage - Do not remove caps or wash berries until you are ready to use them. Refrigerate berries and use within 2 to 3 days.

Freezing - Wash berries with caps on in cold water. Dry and place on a cookie sheet. Place in freezer. When frozen, pack berries in freezer bag or container.

Add sliced strawberries to your favorite cereal for a nutritious start to the day.

Dip strawberries in powdered sugar or chocolate for a sweet treat.